



# SHAPE Info

*It's time to get into SHAPE!*  
Sponsored by SHAPE / Navy Wellness

Mar / Apr 07  
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## Army / Air Force

-vs-

## Navy / Marine Corps Basketball Challenge

On Thursday, 15 Mar 07, at 1530, SHAPE / Navy Wellness will host our ninth annual SHAPE Basketball Challenge at the UCF Educational Gym. Map to game location will be posted on the electronic bulletin board.

Encourage all center employees to attend and cheer for your favorite team!

Employees interested in joining a team, contact the respective team lead.

### Army / Air Force team leader:

Tony Tolbert

[Tony.Tolbert@peostri.army.mil](mailto:Tony.Tolbert@peostri.army.mil)

### Navy / Marine team leader:

Blake Shackelford

[Christopher.Shackelf@navy.mil](mailto:Christopher.Shackelf@navy.mil)

**Go Air / Airforce!!**  
**Go Navy / Marines!!**

## SHAPE Ideas

### .... contact:

Gary Ashland	407-384-3945
Lorraine Tuliano	407-380-8683
Annie Lopez	407-380-8475
MSgt Jim Darity	407-384-5732

NOTE: The opinions expressed in these articles in this SHAPE Info are those of the author. They do not necessarily represent those of PEO STRI, AMC, the Department of the Army or the Department of Defense.

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**SHAPE / Navy Wellness Motivational Fitness Fair on 7 Feb 07:** During our Fair Lane Institute provided free EKG screenings. Lane Institute persons photo are: Back row (left to right): Stacy Lakeman, Kirsten Asselta -Instructor, Alicia Garibaldi, and Stephanie Verdecia; Front row (left to right): Fernanda Lameiras, and Sauvener Jean.

Photo by: Doug Schaub

## ATTENTION RUNNERS, JOGGERS, WALKERS!

Team Orlando is formulating teams to participate in the annual Corporate Run series held at Florida Citrus Bowl Stadium. The run is 5K (3.1 miles) in length and takes place on Thursday, 19 April 07 @ 6:45 p.m. The Corporate Run series has grown tremendously over the past few years, which has recorded more than 5000 participants and continues to grow. All participants are encouraged, including joggers and walkers.

Supporting Fitness in Central Florida through a team event - US ARMY PEO STRI and NAVAIR

Orlando have teams (voluntary) this year again. For over five years PEO STRI has participated in the Corporate 5k in the downtown Citrus Bowl Stadium and has placed within the "Government" category top three - Mens, Women and Mixed. We share a tent and area as Team Orlando - Online registration again this year - The online registration only establishes you on the team so payments (\$20.00) will still need to be given to Jovanna O. Nelson or Karin Hock (PEO STRI Representatives) - (check or cash \$20.00) Jovanna and Karin both are in the same office - deFlorez Annex Room 1031.

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**Junior Achievement (JA):** PEO STRI volunteer Gary Ashland provided Legacy Middle School students with hands on Improvised Explosive Device (IED) training with the Pressure Sensitive Landmines. The student in the woods is wearing MILES 2000 Individual Weapons System (IWS) Manworn. Join JA as volunteer instructor so you can share your Army / Navy / Marines / Air Force experiences; for info on JA contact Norman Taylor at [ntaylor@jaorlando.org](mailto:ntaylor@jaorlando.org) or 407-898-2121.

Photo by: Gary Ashland

## Corporate Run, [continued from page 1](#)

Catering: The event starts at 6:45pm - which once you get back from the 5k run or walk you are very hungry - In years past we have had fruit, Gatorade, cheeses, etc. waiting upon your arrival however this year we would like to have food with

more substance - We will get back with all of you with choices -

Shirts: Also each year we purchase shirts or tank tops - majority vote - Anthony Avvento was kind enough to design last years T-Shirt... Any suggestions are welcome - Shirt selections to be announced as well -

Join the team by registering at the following URL:

Team URL:

[http://events.trackshack.com/register.asp?EVENT\\_ID=2&TEAM\\_ID=281](http://events.trackshack.com/register.asp?EVENT_ID=2&TEAM_ID=281)

Password -

US Army PEO STRI Team  
PASSWORD: goarmy